



## Operation: Military Kids (OMK)

On October 1, 2005, Michigan was awarded the Operation: Military Kids Grant. It is a two-year grant, dedicated to helping the families of those who serve in the Army National Guard and Army Reserve forces. OMK is designed to:

- Create community support network for military youth "in our own backyard", when soldier parents are deployed.
- Deliver recreation, social and educational programs for military youth living in civilian communities.
- Support military kids coping with the stress of knowing their deployed parents may be harm's way.
- Collaborate with schools to ensure that staff is attuned to the unique needs of military students.
- Educate the public on the deployment cycle on Soldiers, families, kids and the community as a whole.
- Become a part of the on-going 4-H program in the locations where there are military families.



Tina Fleming is the State Military Liaison and part of the OMK State Team. A quarter of her time will be dedicated to the OMK program. She will be working with the newly formed OMK Team, which is comprised of 4-H youth, 4-H agents and 4-H staff from around the state, the American Legion, Army National Guard, Army Reserve and Communications & Outreach on campus.

## Mentor Program Welcomes Americorps Members

The 4-H Youth Mentor Program would like to welcome its new Americorps members, Kevin Lewandowski and Katherine Stockman. Kevin is currently enrolled at Wayne State University and is working toward a degree in Media Arts. As a senior in high school last year, he received the Presidential Award for community service and was voted "most involved" by the senior class. Katherine attends Oakland University and is working toward a degree in Elementary Education. She also served as an Americorp member in 2003-04 and partnered with 4-H to run a summer nutrition program.

Kevin and Katherine will be starting a mentor program in the Utica School District this fall, in addition to their other responsibilities of recruiting and training mentors. We're glad to have them both with us! To volunteer for this new program, call the 4-H Youth Mentor Office at (586) 783-8163 and specify Utica Community Schools.

## 2005-06 Club Officer Training

Club Officer Training will be held on Tuesday, November 15th from 6:30-9 p.m. in the Senior Auditorium of the VerKuijen Building. After pizza and salad there will be an all-group session followed by break-out sessions for:

- Presidents and Vice Presidents
- Secretaries
- Treasurers and the adults designated to work with them
- Historians and Reporters

If your club has a Sergeant-at-Arms or another officer whose title is not mentioned above, he or she is welcome to attend any one of the break-out sessions. One or two adult volunteers (besides those working with the Treasurers) from each club are also welcome to attend.

General Leaders should RSVP for their club with Roberta by Friday, November 4th. She will need names and break-out session of those attending.

## 2004-05 YEA Recognition Program

Last year more than 900 4-H members and volunteers were recognized for 13,382 hours of citizenship, leadership and community service programs in the 2005 Youth Experiencing Action (YEA) program booklet. If your club or committee would like to be considered for recognition in Spring 2006, for activities during the 2004-05 program year, now is the time to apply.

### Eligibility:

Registered 4-H members and volunteers or partners who work with 4-H.

### Categories include:

Community Service Learning  
Citizenship  
Leadership  
Combination of the above

Specific criteria for each category are listed in the application. Clubs doing multiple projects should include all projects in one entry.

### Applications:

Applications should be submitted through the 4-H Office. They are due at the State Office by February 24, 2006. More information and applications are available at <http://web1.msue.msu.edu/cyf/youth/differen.html>.

# Club & Committee News

## 4-H OER Committee Needs Recipes for Fundraiser

The 4-H Outdoor Education & Recreation Program Committee is creating a cookbook that will include recipes from 4-H'ers in our county. Recipes may be for any type food, including wild game. Anyone wishing to submit recipes for publication should e-mail them to [macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov) or mail them to MSU Extension—Macomb County, Attn: 4-H OER Cookbook, 21885 Dunham Rd., Suite 12, Clinton Township, MI 48036 on or before March 1, 2006.

## Apply Now for 4-H College Scholarships

Youth who will be college freshmen at MSU in the fall of 2006 still have time to apply for the following scholarships. Each scholarship has its own application. Applications are available online by going to <http://web1.msue.msu.edu/cyf/youth>. Then, click on "MI 4-H Scholarships." Those without web access can call the 4-H Office at 586-469-6431.

Name	For studies in	Deadline	Amount	Requirements
Schunk Memorial 4-H Beef Scholarship	Any field	Dec 2, 2005	\$1000	3 or more years participation in beef project
AGR 4-H Scholarship	Nat. Resources, Agriculture, or related field	Dec 2, 2005	\$400	1 or more years participation in 4-H club
Mich. Rabbit & Cavy 4-H Scholarship	Any field	Dec 2, 2005	\$400-500	3 or more years participation in rabbit project
Mich. Farm & Garden Assoc. 4-H Scholarship	Horticulture, Home Economics, Conservation, Agriculture	April 14, 2005	\$360-1000	Cannot be related to F&G member; recommendation of 4-H staff or academic advisor
Alpha Gamma Rho	Nat. Resources, Agriculture, or related field	Dec 2, 2005	\$400	1 or more years participation in 4-H club

# Upcoming Events

## 4-H Peer Plus, Group Dynamite & YEA

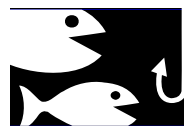
Be part of the most popular teen and adult workshops offered by Michigan 4-H Youth Development! Participate in activities that help you learn about yourself and others. Perform community service activities and develop the leadership skills you need to carry out your projects.

Discover what it takes to be a camp counselor or a recreation leader. Learn how to share your new skills throughout the weekend with spontaneous ice breakers and songs. Be part of the peer helper program called "Helping Friends." Learn ways to help your friends, how to handle difficult issues and have fun in the process.

The program will be held December 2-4, 2005 at Kettunen Center in Tustin, Michigan, and is open to teens and adults ages 14 and up. Details will be available at the MSU Extension Office soon. Call 586-469-6431 for more information.

## 4-H Children's Art Exchange

Every year, through the Michigan 4-H Children's Art Exchange, kindergartners to sixth graders are invited to send "visual letters" to children their own ages in China. Teaching kits are available to facilitate teaching about China and about making art. A selection of Michigan artwork is then sent to China as a gift to the children of China. The kit will be available to be signed out in January. The deadline for submitting artwork to the County 4-H Office is April 1, 2006. Call (586) 469-6431 for more information.



**4-H Ice Fishing Derby**  
**February 26, 2006**  
**Details coming soon!**

## 4-H Shooting Sports Workshop

**November 12-13, 2005**  
**Marlette Sportsmen's Club**  
**Sanilac County, Michigan**

Cost:  
\$55.00 per person for Shotgun or Rifle;  
\$80.00 for Archery

Registration Deadline: Nov. 4, 2005

Participants may take part in one session for the weekend.

Sessions include:

- 4-H Shotgun Instructor
- Rifle Instructor
- Archery Instructor

Participants must be ages 16 and older. Those under the age of 18 must be accompanied by an adult. Saturday and Sunday lunch is included. Other meals and lodging are the responsibility of the participant.

For more information or to register, contact the MSU Extension 4-H Office at 586-469-6431.

# Upcoming Events (continued)

## People, Pets & Vets

People, Pets & Vets is a FREE hands-on, interactive educational program designed for children of all ages to learn about animals and proper animal care. At this unique program, children can see and touch a variety of different animals and talk to veterinarians, veterinary technicians and other animal care providers and service groups. They learn about exotic pets and reptiles, working dogs, therapeutic horseback riding, farm animals and typical house pets. Most importantly, they learn about animals and the basics for providing proper animal care.

Many interesting exhibits will be presented this fall...dentistry, ophthalmology, cardiology, anatomy, parasitology, dogs with jobs, pet first aid and many more. Children will learn the importance of grooming, basic veterinary medical care and the seriousness of obesity in our animals. There will even be a Teddy Bear Clinic staffed by MSU veterinary students to help care for, bandage and suture "wounded" stuffed animals. People, Pets & Vets will be held from 11 a.m.-3 p.m. on Saturday, November 5, 2005 at Macomb Community College Center Campus at M-59 and Garfield Roads.

## Youth Adventure Days

The Bavarian Inn Restaurant in Frankenmuth is holding two Youth Adventure Days on Saturday, Jan. 21 and March 25, 2006. Youth will learn pretzel rolling, participate in restaurant olympics, experience table-side magic, create chocolate clay art, hear a strolling accordionist, eat a famous Frankenmuth chicken plate and more. The Adventure Day package costs \$20 per person. Call 1-800-228-2742 for more information.

## Michigan Week Youth Photo Contest

Calling all shutterbugs and history buffs: The 2006 Michigan Week Youth Photo Contest is for you! All Michigan youth, aged 9-19 as of January 1, 2006, are invited to participate in the 2005 Michigan Week Youth Photo Contest. Youth are asked to photograph a favorite Michigan Historic site that is at least 50 years old or older. A site can be a building (such as a barn or factory); a structure (such as a bridge); an area (such as a neighborhood or business district); or a place significant in history (such as an Underground Railroad Station). Youth may submit up to two photos. Photo entries are due February 1, 2006. The Michigan Week Youth Photo Contest is coordinated by Michigan 4-H Youth Development and the Michigan Department of History, Arts and Libraries (HAL). Twelve photos will be selected to tour Michigan from June 2006 through June 2007. Twenty-four photos will be selected as regional winning photos. All 36 photos will be on the HAL website for one year. Thousands of people visit this site annually. The 2006 Michigan Week will be held May 20-26. For more information about this contest, go to the 2006 Michigan Week website at <http://www.michigan.gov/michiganweek>, or contact the Macomb County MSU Extension 4-H Office at (586) 469-6431.

## STATE 4-H RABBIT & CAVY SHOW

FEBRUARY 4, 2006  
MSU PAVILION  
EAST LANSING, MI

OPEN TO ALL MICHIGAN  
4-H MEMBERS AGES 9-19  
AS OF JANUARY 1, 2006.

ENTRY FEE:  
\$2.75/CLASS  
REGISTER ON  
DAY OF SHOW.

CONTACT YOUR CLUB  
LEADER OR MSUE AT  
(586) 469-6431 FOR AN  
EVENT CATALOG.

Breakfast, lunch & dinner will be served.....Door prizes, games & fun.....Gift with

2<sup>nd</sup> Annual

## 4-H Craft & Crop Fundraiser

*Hosted by the Macomb County*

*4-H Communications & Expressive Arts Program Committee*

**November 12, 2005 / 9 a.m. – 9 p.m.**

VerKuilen Building  
21885 Dunham Road, Entrance C  
Clinton Township, MI 48036

Cost:  
\$45.00

**Work on your scrapbooks or any other  
type of craft that you can't seem to  
find time to finish.**

Proceeds will be used for the 2006 Craft Workshop...

Call 586-465-6085 or  
586-465-3661 to RSVP  
by Nov. 5.

Free demonstrations, mini-classes, sharing table & more...Chocolate, chocolate, chocolate

registration...Creative Memories consultant on site...

# News to Use

## New 4-H Council Scholarship Application and Guidelines

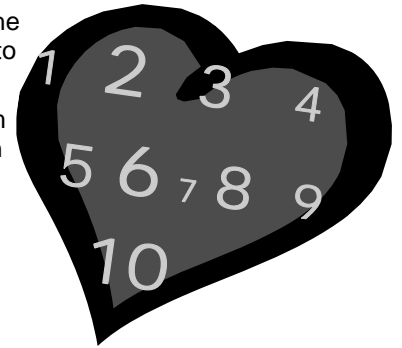
For many years, Cheryl Donovan has provided wonderful leadership to the Petting Farm project at the Armada Fair. Thanks to the help of club members, families and leaders, a large portion of the money raised through this project is dedicated for 4-H scholarships. All 4-H members and screened volunteers can apply for 4-H Council scholarships to a wide range of programs including National Congress, Capital Experience, Kettunen Center Workshops, Exploration Days, camps, and even the various 4-H Program Committee sponsored workshops. The amount of the scholarship varies depending on the program and the number of applicants.

All 4-H Council Scholarship awards require a certain number of community service hours. This requirement can be filled through volunteering at 4-H activities and events at the Committee or Council level since that is where the money is generated. Examples of eligible community service options include: Petting Farm, Armada Fair, K-9 Karnival, Livestock Clinic, Horse Clinic, Craft Workshop, Ice Fishing Derby, County Awards, Proud Equestrian Program, Junior Master Gardener or assistance at the MSU Extension Office. Scholarship forms and guidelines are available at the MSU Extension Office, through general leaders, or can be downloaded from website [http://macombcountymi.gov/msuextension/4h\\_Forms.asp](http://macombcountymi.gov/msuextension/4h_Forms.asp). Many thanks to the Macomb County 4-H Council and Finance Committee for working so diligently to revise this process.

## Angry? Tips to Calm Down on the Spot

Reacting instantly with anger is where we often get ourselves in trouble. Recognize that you can *be* angry, but you don't have to *act* angry. So when you find yourself becoming angry with another family member while in his or her presence, it's important that you give yourself some time out to give yourself a chance to cool off and *think before you act*. If you're having trouble interrupting your anger, you may find one of the following techniques helpful:

- *Avoid your first impulse.* In many cases you will feel like lashing out. Don't. Avoid doing what the other person expects you to do; this will just reinforce the person's behavior that you find disturbing. Do the opposite of what you feel like doing (or do nothing at all).
- *Walk away whenever possible.* Don't walk away in a huff, just remove yourself from the situation. You could say, "I don't think this is the best time to talk about this so I'm going to take some time out. Maybe we can talk about it later when we both feel better."
- *Tell yourself calming phrases.* Create and memorize calming phrases such as "calm down," "take it easy," "keep your cool," "chill out," "cool off." Develop some of your own calming phrases.
- *Count to ten.* This old technique can be very helpful. By concentrating on the counting, you can calm yourself down, become aware of your body language and think of an appropriate response.
- *Visualize.* Create some peaceful scenes in your mind, such as a lake, the oceanside, or whatever you find calming. Keep these visualizations handy to manage your angry feelings.
- *Tell yourself to stop.* You may have to call a halt to your anger before you can use the other techniques mentioned above. Silently (in your head) shout "stop" when you notice yourself becoming angry. Then tell yourself calming phrases, count to ten, or use your peaceful visualization.



Telling yourself to stop is not suppressing your anger. When you tell yourself to stop, you're taking charge—you're making a decision not to allow your anger to escalate and do harm. You also provide yourself an opportunity to handle the situation and your anger in another way.

Everyone gets angry at times and has a right to feel angry. You're not a bad person for feeling angry. Consider what course of action would best address the situation. What can you choose to do or not, to help solve the problem or improve the situation or relationship?

Adapted from *Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids* by Dr. Gary D. McKay and Dr. Steven A. Maybell. Available at online and local bookstores or directly from Impact Publishers, P.O. Box 6016, Atascadero, CA 93423-6016, [www.bibliotherapy.com](http://www.bibliotherapy.com) or phone 1-800-246-7228.

**ANNUAL DIRECTORY CONTEST**—Macomb County Clerk/Register of Deeds Carmella Sabaugh is seeking essays of 200 words or less from Macomb County residents on the topic of Macomb County education and/or job training activities. Eligible topics include but are not limited to highlighting educational and job training opportunities available in Macomb County, the effect a teacher or institution has had, experiences with Macomb County post-high school education or job training, the role of teachers, sacrifices made to get an education for oneself or children, why a good education is important, etc. Essay must explain why the quality of education in Macomb County is so valuable. Residents are limited to 3 entries. Submission of an essay conveys permission for publication. Each essay should contain the resident's name, home address, day telephone number and year of birth. Essays must be submitted by November 30, 2005. Submissions may be mailed to Macomb County Clerk Carmella Sabaugh, 40 N. Main, Mt. Clemens, MI 48043, faxed to 586-783-8141 or e-mailed to [clerksoffice@macombcountymi.gov](mailto:clerksoffice@macombcountymi.gov). The winner will receive a \$100 savings bond. Five runners-up each will receive a \$50 savings bond. The winner and runners-up will be featured in the 2006 Macomb County Directory. The contest is sponsored by Carmella Sabaugh and Community Central Bank.

# Notes from the 4-H Office

## Recycling: Make It A 4-H Priority in 2005-2006

Increasingly the effects of human activity are stressing our environment. One of the easiest ways to make a positive impact on the environment is to step up our recycling efforts and reduce the amount of trash going to our landfills. The 4-H staff and Council are asking all 4-Hers to educate themselves about their local community's recycling program. If they are not already doing so, clubs should establish procedures to recycle paper, glass, cans, aluminum and plastic that are generated at club meetings and activities. If your club is looking for a new community service project, consider one with a positive impact on the environment. Several clubs now participate in the "adopt-a-road" or "adopt-a-park" programs and Earth Day activities at Wolcott Mill/farm Learning Center.

Recycling should also become standard procedure at all 2005-06 Council and Program Committee Activities: Committee meetings, Horse Shows, Dog Shows, Live-stock Clinics, the Arts & Crafts Workshop, the County Shoot, the Fishing Derby, Armada Fairgrounds Clean-Up, County Awards Banquet, etc.

For more information on recycling, call the Extension Office's main number (586-469-5180) and ask for a free copy of Bulletin No. W-7, "Recycling in Macomb County" which has information on how to prepare materials for recycling, where to recycle in each community, and county programs for recycling oil, batteries and hazardous household waste.

### What to Recycle

- Newspaper - Tie in bundles or bag in paper bags. Newsprint only.
- Metal (Tin) Cans - Magnetic metals: remove labels, rinse clean and flatten to save space.
- Aluminum - Non-magnetic; pie pans, foil, TV dinner trays, lawn furniture, etc. Rinse clean and flatten.
- Plastic - Look for recycling symbol with #1 or #2 on bottom. These are the only plastics currently acceptable in this area. Includes: milk jugs, detergent and shampoo bottles, clear containers with a "nipple" on the bottom, eg: peanut butter jars. Rinse clean, flatten, discard lids.
- Used motor oil - Collect in sturdy container. Used oil only; no additives, gasoline, antifreeze, etc.
- Batteries - Car and household batteries. These are both hazardous when disposed of in garbage.

Source: MSUE Bulletin W-7



### **WHERE TO RECYCLE**

Not sure where or when to recycle in Macomb County? Call the number listed for your community to find out!

Center Line: (586) 757-6800  
Chesterfield Township: See City Environmental Services East  
City Environmental Services East: (800) 495-6054  
Clinton Township: (586) 286-8000  
Eastpointe: (586) 445-5040  
Fraser: (586) 293-3102  
Great Lakes Paper Company: (586) 779-1310  
Harrison Township: (586) 468-0647  
Lenox Township: (586) 749-6306  
Macomb County Health Department: (586) 469-5467  
Macomb Township: See City Environmental Services East  
Mt. Clemens: (586) 469-6845  
New Baltimore: See City Environmental Services East  
New Haven: See City Environmental Services East  
Ray Township: (586) 749-5171  
Richmond: See City Environmental Services East  
Romeo: (586) 752-2684  
Roseville: (586) 445-5470  
St. Clair Shores: (586) 445-5363  
Shelby Township: (800) 878-4626 or (248) 358-4626  
Sterling Heights: (586) 268-3110  
Utica: Curbside pick-up only.  
Warren: (586) 775-1400

If your community does not have a used oil collection site, take your oil to Valvoline Quick Oil Change Shops, Murray's Auto Stores, or Pep Boys Auto Stores.

All Post Offices accept used household batteries.

Hazardous Waste Collection Program: (586) 469-5467

Source: MSUE Bulletin W-7

### **Did You Know...**

- Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy and 7,000 gallons of water!
- Americans use more than 67 million tons of paper per year, or about 580 pounds per person.
- Paper products make up the largest part (approximately 40 percent) of our trash.
- Making recycled paper instead of new paper uses 64 percent less energy and uses 58 percent less water.
- Every day Americans recover more than 2 million pounds of paper! That's about 40 percent of the paper we use.
- Paper products use up at least 35 percent of the world's annual commercial wood harvest.
- One tree can filter up to 60 pounds of pollutants from the air each year.
- Each year, Americans throw away 25 trillion Styrofoam cups.
- Every Sunday, Americans waste 90 percent of recyclable newspapers. This wastes 500,000 trees!

Source: [www.resourcefulschools.org](http://www.resourcefulschools.org)

# Notes from the 4-H Office (continued)

## Program Participation Form: Not Just Another Form

New to 4-H volunteers but not new to 4-H is the need to record program delivery and participation by our members and volunteers. Funding for MSU Extension is based, in part, on the programs and activities (including community service) in which our volunteers and members deliver and/or participate. Volunteers, please use the new Program Participation Record as a sign-in sheet for each workshop or training your club or committee does that is educational in nature. Events such as animal clinics, craft workshops, and meetings with educational components should be included. Return these forms to the MSU Extension 4-H Office.

Forms are available by calling the 4-H Office at 586-469-6431 or online at <http://www.macombcountymi.gov/msuextension>. Click on "4-H Youth Development," then go to "4-H Clubs" and then to "Forms." If you are unsure whether your event should be

Thanks to Heather Martin for preparing our last newsletter mailing! Those who want to help with the next one should call 586-469-6431.

### Frequently Asked Questions

**QUESTION:** Should I register as a new 4-H member in Macomb County this year if I was a 4-H member in another county last year?

**ANSWER:** Yes, because you are new to 4-H in Macomb County. Be sure to specify how many years you were in 4-H before transferring so that your year pins are correct. Remember that you have until April 1, 2006 to register if you plan to show your projects at the Armada Fair.

## 4-H Family Notes Deadlines:

January-February  
December 5, 2005

March-April  
February 10, 2006

May-June  
April 10, 2006

July-August  
June 9, 2005

September-October  
August 22, 2006

Armada Fair Edition  
September 11, 2006

November-December  
October 16, 2006

### Happy Thanksgiving & Season's Greetings from the 4-H Staff!

*Kathy, Anne, Christine, Tina, Roberta, Cheryl, Karen, Jan, Rachel, Marcia, Melanie, Kevin & Katherine*

## 4-H Calendar of Events

### County Events

#### November

- 1 Club Registration Deadline
- 3 Companion Animal Prg. Committee meeting, 6:30 p.m., MSUE
- 5 People, Pets & Vets, 11 a.m.-3 p.m., Macomb Community College Center Campus
- 8 Hort. & Envir. Ed. Prg. Committee meeting, 6:30 p.m., MSUE
- 9 4-H Council meeting, 6:30 p.m., Wolcott Farm Learning Ctr.
- 10 Livestock Prg. Committee meeting, 7 p.m., Armada High School
- 11 Office Closed
- 12 Craft & Crop Fundraiser, 9 a.m.-9 p.m., VerKuijen Building
- 11 Horse Banquet
- 15 Club Officer Training, 6:30 p.m., VerKuijen Bldg.
- 15 Comm. & Exp. Arts Prg. Committee meeting, 6:30 p.m., MSUE
- 21 County Awards Judging, 6-10 p.m., MSUE
- 24-25 Office Closed

#### December

23, 26 & 30 Office Closed

#### January

2 Office Closed

#### February

26 Ice Fishing Derby

#### March

- 4 K-9 Karnival (tentative date)
- 18 Arts & Crafts Workshop

### State & Other Events

#### November

- 12-13 4-H Shooting Sports Workshop, Marlette Sportsmen's Club
- 25-28 National Congress, Atlanta, GA

#### December

- 2 MI 4-H Rabbit Scholarship Applications Due
- 2 Schunk Memorial Scholarship Applications due
- 2 Alpha Gamma Rho 4-H Scholarship Applications due

#### January

- 21 Youth Adventure Day, Frankenmuth

### 4th Annual Santa's Barn Sale

Hosted by Macomb Oakland Regional Center  
Nov. 12 & 13 / 10 a.m.-4 p.m.  
@ MORC, 16200 19 Mile, Clinton Township, MI  
Sell/buy old tack or riding clothes, pet supplies (dog & cat), & misc. equine/canine supplies & equipment. Crafters also needed. \$1 admission.  
For more information call 586-263-8701.

### Macomb County 4-H Staff

**Marilyn Rudzinski**  
County Extension Director

**Kathy Jamieson**  
4-H Youth Agent

**Tina Fleming**  
4-H Youth Educator

**Anne Crotser**  
4-H Youth Educator

**Christine Miller**  
4-H Youth Educator

**Karen Hakim**  
4-H NATURE Prg. Assistant

**Cheryl Printz**  
4-H NATURE Prg. Assistant

**Roberta Busquaert**  
4-H Secretary

**Telephone:** (586) 469-6431

**Fax:** (586) 469-6948

**E-mail:**  
[macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov)

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